

Relationship between Attachment Styles and Personal Resilience among Malaysian Young Adults

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Abstract

The increasing prevalence of suicide attempts and cases among Malaysian young adults, particularly those aged 18 to 40, necessitates urgent research and intervention strategies. This study aimed to investigate the relationship between attachment styles and personal resilience among young adults in Malaysia engaged in romantic relationships. This cross-sectional survey research recruited 124 participants aged 18 to 40 involved in romantic relationships. The Relationships Questionnaire (RQ), the Resilience Scale (RS), and sociodemographic information were utilized to assess attachment styles and personal resilience. The findings of this study revealed a significant correlation between secure attachment style and personal resilience among Malaysian young adults in romantic relationships. The secure attachment style emerged as the prevailing one within this population, compared to the preoccupied attachment style. The finding also indicated that the overall level of resilience among young adults in Malaysia ranges from moderately low to moderate. Future research should explore additional factors influencing resilience, such as social support and cultural influences. Longitudinal studies can identify critical intervention points and developmental trajectories of attachment styles and resilience. This study also discusses the implication and contribution of the current study.

Keywords: Attachment Style, Malaysia, Personal Resilience, Romantic Relationship, Young Adult

Introduction

Malaysia has been alarmed by the rising incidence of suicide and mental health issues such as depression over the last few years. Emerging young adults aged 18 to 40 wanted intimate relationships with significant individuals with whom they could build their lives and partners that allowed them to acknowledge their failings (Chan et al., 2019). A sense of devotion and compassion for one another was also present during this stage. On the other hand, avoiding

intimacy resulted in loneliness and isolation (Erikson, 1968). Chan and Lau (2021) stated that romantic relationship dissolution could be regarded as one of the most distressing and upsetting occurrences one can experience. This contributed to suicidal behavior (Armitage et al., 2015).

Bartholomew and Horowitz's theory of attachment styles was based on Hazan and Shaver's theory. Their study focused on the attachment styles among young adults in romantic relationships. Bartholomew and Horowitz (1991) identified four attachment styles: secure, preoccupied, fearful, and dismissing. Bartholomew and Horowitz (1991) stated that young adults in the secure group were comfortable with intimacy and autonomy in close relationships. In contrast, young adults in a preoccupied group were overly invested in close relationships. As for the fearful group, young adults became dependent on others and avoided intimacy because of fear of rejection. Lastly, as for the dismissing group, these young adults became distant in relationships and ignored the importance of intimate relationships.

Resilience was characterized as the capacity to "bounce back" or recover rapidly from traumas or destructive forces. Resilience also indicated relationship success (Harms et al., 2018). This distinction was essential because a person facing adversity may go beyond coping by discovering meaning in adversity and employing that meaning to improve their well-being. According to Harms et al (2018), a few factors contribute to making an individual resilient, including social factors. These elements correlate to an individual's social relationships and ability to seek and receive assistance in distress. These could include family, friends, colleagues, and other members of the individual's social network who can support the individual's social, emotional, or monetary support.

Furthermore, a study by Marriner et al (2014) demonstrated the connection between attachment styles and resilience. Their research revealed that men and women with a secure attachment style had excellent resilience. Additionally, Marriner et al (2014) discovered that individuals with a secure attachment style had higher levels of resilience, which significantly correlated with proactive coping strategies and was negatively associated with perceived stress. In other words, young adults could have a high amount of resilience if they had a healthy attachment style.

Most past research only examined how attachment styles influence romantic relationships among young adults. A study by Simpson (1990) found that secure attachment styles in men and women had better relational dependency, commitment, trust, and satisfaction than anxious or avoidant attachment styles (fearful or dismissing). In addition, Senchak and Leonard (1992) discovered that spouses with a secure attachment style predicted greater intimacy in their relationships than those with an insecure attachment style. Moreover, Leak and Cooney (2001) found that adults in romantic relationships with secure attachment had a high level of self-determination in relationships, which was associated with positive psychological health and well-being. In addition, Morey et al (2013) examined the influence of young adults' communication technologies in romantic relationships on their attachment style. However, there was little evidence on how attachment styles influence personal resilience among young adults who undergo romantic relationships.

Besides, most past research only focused on personal resilience in the workplace. Jackson et al (2007) found that self-development measures such as sustaining positivity and achieving life balance and spirituality could assist nurses in improving personal resilience in the face of working challenges. Apart from that, McDonald et al (2013) highlighted in their study that resilience training and mentoring programs enhanced the occupational resilience of nurses and midwives. In addition, Labrague and Santos (2020) stated that initiatives to

increase personal resilience could lessen the anxiety of frontline nurses dealing with COVID-19. Besides, according to Ojo et al (2021), family and friend support strengthened employees' ability to manage stress, resulting in high levels of resilience.

Furthermore, earlier studies about the relationship between attachment styles and personal resilience among young adults undergoing romantic relationships were primarily conducted abroad, especially in Western countries. According to Marriner et al (2014), men and women with a secure attachment style were resilient, and this study was conducted in Australia. Furthermore, Pakdaman et al (2016) discovered that young adults with a secure attachment style and a high level of resilience did not feel lonely due to effective communication with their family, friends, and loved ones in Tehran, Iran. In addition, Citak and Erten (2021) demonstrated that children experiencing childhood traumas such as emotional neglect and abuse indicated poor levels of resilience. This study was conducted in Istanbul, Turkey. However, research on the correlation between attachment styles and personal resilience among young adults in romantic relationships was inadequate in Malaysia.

Therefore, this study aimed to examine the relationship between attachment styles and personal resilience among Malaysian young adults that undergo romantic relationships. The main research objective of the current study was to explore the relationship between attachment styles and personal resilience among Malaysian young adults that undergo romantic relationships. The sub-research objectives were to identify the types of attachment styles among Malaysian young adults that undergo romantic relationships and to measure the level of personal resilience among Malaysian young adults that experience romantic relationships.

This study aimed to answer the main research question: What is the relationship between attachment styles and personal resilience among Malaysian young adults that undergo romantic relationships? Subsequently, the sub-questions to be answered were: (a) What are the types of attachment styles among Malaysian young adults that undergo romantic relationships? Furthermore, (b) What was the level of personal resilience among Malaysian young adults that undergo romantic relationships?

Methodology

Research Design

This research utilized a quantitative approach (i.e., cross-sectional survey method) to examine the relationship between attachment styles and personal resilience among Malaysian young adults who undergo romantic relationships.

Sample and Data Collection

Purposive sampling was used as the sampling method for conducting the research. The inclusive criteria of this research included: (1) Malaysian young adults aged 18 to 40 years old, (2) Malaysian, (3) Able to read English, (4) Did not have severe mental health issues, (5) Literate in information and technology, (6) Participants who had ended romantic relationships within the last twelve months [A study conducted by Chan et al (2019) stated that within one year, individuals were adapted to the breakup]., and (7) In romantic relationships at a minimum of three months [Sternberg (1986) reported that romantic relationships that lasted for three months and below were infatuating love. Infatuated love results from passionate arousal in the absence of intimacy and commitment. Under the right conditions, infatuations could arise swiftly and fade rapidly]. On the other hand, the exclusion criteria of this research included: (1) Malaysian aged 41 years old and above, (2) non-Malaysian, (3) Having severe

mental health issues, (4) Illiterate in English, (5) Illiterate in information and technology, and (6) Participants who did not have an intimate partner.

According to Cohen (1992), a correlation coefficient 0.3 was significant. Therefore, to estimate the medium correlation coefficient with 90 percent power, a sample size of at least 112 was required to generate a correlation coefficient of at least 0.3. Hence, 124 participants were significant for this study because the correlation coefficient used was 0.3 with an alpha of 0.05 and a power of 90 percent, considering the null hypothesis was equal to zero. Moreover, the p-value was used in this study. When conducting a statistical test, the p-value assisted in determining the significance of the data about the null hypothesis. The lower the p-value, the greater the evidence for rejecting the null hypothesis (Nahm, 2017).

Before respondent recruitment, a poster with inclusive criteria was distributed to obtain attention from the prospective participants. Then, the informed consent form was distributed to the participants, who were allowed to sign the informed consent form. Next, the researcher kept a signed copy, and a copy of the informed consent form was given to the participants. After that, 15 minutes were allocated for the respondents to answer the two questionnaires. Subsequently, a data cleaning process was conducted. Lastly, the data was analyzed using the IBM SPSS Version 23.0 software program.

Analyzing of Data

In this study, the data were collected, input into a computer system, and analyzed using IBM SPSS Version 23.0 software program. Descriptive and inferential statistics were used for data analysis. For descriptive statistics, frequency, percentage, mean and standard deviation were used to identify attachment styles among young adults who undergo romantic relationships and to measure the Resilience Scale scores among young adults who experience romantic relationships. This assisted in addressing the sub-research questions one and two.

As for inferential statistics, the Pearson correlation was utilized to explore whether there is a significant relationship between attachment styles and personal resilience among young adults that undergo romantic relationships. This contributed to answering the main research question.

Results

Descriptive statistics were used for sample socio-demographic details. Participants were comprised of 124 Malaysian young adults that undergo romantic relationships. Of 124 participants, 103 were females (83.1%), and 21 were males (16.9%). Participants ranged from ages 18 to 37, with a mean of 23.34 (SD = 2.66). As for relationship status, 87 (70.2%) participants were in a committed relationship, and 37 (29.8%) participants were in a casual relationship.

In terms of the duration of a relationship, ten (8.1%) participants were in a relationship for three to five months, 43 (34.7%) participants were in a relationship for six to eight months, three (2.4%) participants were in a relationship for nine to eleven months, and 68 (54.8%) participants were in a relationship for twelve months to more than a year. Among 124 participants, 71 (57.2%) were in relationships lasting nine months to more than a year. These participants were engaging in a committed relationship. In contrast, 53 participants (42.8%) had relationships lasting between three and eight months. These participants were involved in a casual relationship. However, one participant (0.8%) revealed being separated or divorced. This participant stated having been in a committed relationship (engaged in marriage) in the past, but they were currently in a casual relationship.

In the matter of ethnicity, 50 (40.3%) participants were Malay, 23 (18.5%) participants were Chinese, five (4.0%) participants were Indian, 39 (31.5%) participants were Bumiputera Sarawak, five (4.0%) participants were Bumiputera Sabah, and two (1.6%) participants were from other natives, respectively. Besides, for educational background, participants that were Malaysian young adults that undergo romantic relationships mainly were bachelor's degree holders with a total of 89 frequency (71.8%), followed by 24 (19.4%) participants with STPM/Diploma/Matriculation/ Foundation holder, six (4.8%) participants with a master's degree holder, four (3.2%) participants with SPM holder and last but not least, 1 (0.8%) participant with a Doctorate Degree. Moreover, for the state, 66 (53.2%) participants were from East Malaysia, and 58 (46.8%) participants were from West Malaysia, respectively (refer to Table 1).

Additionally, a series of independent-sample t-tests were conducted to determine whether there were significant differences in resilience between males and females (refer to Table 2). The results showed that gender was found to be insignificantly related to resilience, $t(122) = 1.21, p = .23 > .05$ (refer to Table 3).

Table 1
Socio-Demographic Details of Participants

Variable	Frequency	%
Gender		
Male	21	16.9
Female	103	83.1
Age		
18	1	0.8
19	6	4.8
20	3	2.4
21	18	14.5
22	12	9.7
23	22	17.7
24	44	35.5
25	9	7.3
26	1	0.8
28	2	1.6
29	1	0.8
30	2	1.6
31	1	0.8
34	1	0.8
37	1	0.8
Relationship Status		
Committed Relationship	87	70.2
Casual Relationship	37	29.8
Duration of Relationship		

3 – 5 Months	10	8.1
6 – 8 Months	43	34.7
9 – 11 Months	3	2.4
12 Months – More than a Year	68	54.8
Marital Status		
Unmarried	63	50.8
Partnered/Married	60	48.4
Separated/Divorced	1	0.8
Ethnicity		
Malay	50	40.3
Chinese	23	18.5
Indian	5	4.0
Bumiputera Sarawak	39	31.5
Bumiputera Sabah	5	4.0
Others	2	1.6
Educational Background		
SPM	4	3.2
STPM/Diploma/Matriculation/ Foundation	24	19.4
Bachelor's Degree	89	71.8
Master's Degree	6	4.8
Doctorate Degree	1	0.8
State		
East Malaysia	66	53.2
West Malaysia	58	46.8

Note. $N = 124$

Table 2

T-test Results for the Differences in Resilience Between Male and Female

	Male		Female		<i>t</i> -test	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Resilience	4.33	1.43	3.97	1.22	1.21	.23

Note. *M* = Mean; *SD* = Standard Deviation.

$N = 124$

Table 3

Correlation Between Gender and Personal Resilience among Malaysian Young Adults That Undergo Romantic Relationships

Correlation	
Gender	-.109
Resilience	

Note. $N = 124$

Inferential statistics explore the relationship between attachment styles and personal resilience among Malaysian young adults who undergo romantic relationships. This is to answer the main research objective of the study. Assessing the association between the study variables revealed that the secure attachment style had a significant positive relationship with resilience ($r = .273, p = .002 < .01$) among the other attachment styles. Hence, the main hypothesis is accepted. There is a significant relationship between attachment styles and personal resilience among Malaysian young adults that undergo romantic relationships.

In addition, dismissing attachment style also has a significant positive relationship with resilience ($r = .233, p = .009 < .01$). In contrast, preoccupied and fearful attachment style showed no significant relationship with resilience ($r = -.131, p = .147 > .01$ and $r = -.142, p = .117 > .01$, respectively). Table 4 describes the inferential statistics, in which Pearson correlation was used to explore the relationship between attachment styles and personal resilience among Malaysian young adults that undergo romantic relationships.

Table 4

Correlation Between Attachment Styles and Personal Resilience among Malaysian Young Adults That Undergo Romantic Relationships

Attachment Style	Resilience
Secure	.273**
Preoccupied	-.131
Fearful	-.142
Dismissing	.233**

Note. ** $p < .01$

$N = 124$

Descriptive statistics are used to identify attachment styles among Malaysian young adults who undergo romantic relationships. This is to answer sub-research objective one. Then, the distribution of attachment style was conducted along with the mean and the standard deviation of RQ. Next, the percentage of participants' types of attachment styles was computed. As for RQ 1, out of 124 respondents, most respondents (37.1%) showed a secure attachment style. Moreover, 34 (27.4%) respondents acquired a fearful attachment style, followed by 30 (24.2%) respondents with dismissing attachment style and 14 (11.3%) respondents with a preoccupied attachment style. Subsequently, the sub-hypothesis one of this research is rejected. There is less preoccupied attachment style among Malaysian young adults who undergo romantic relationships. In terms of RQ 2, the secure score showed the highest mean, which is 4.72 ($SD = 1.83$), followed by dismissing with 4.57 ($SD = 1.80$), fearful with 4.38 ($SD = 1.76$) and preoccupied with 3.74 ($SD = 1.69$).

Figure 1 presents the percentage of participants' types of attachment styles, and Table 5 describes the descriptive statistics of the distribution of attachment style, mean and standard deviation of The Relationships Questionnaire.

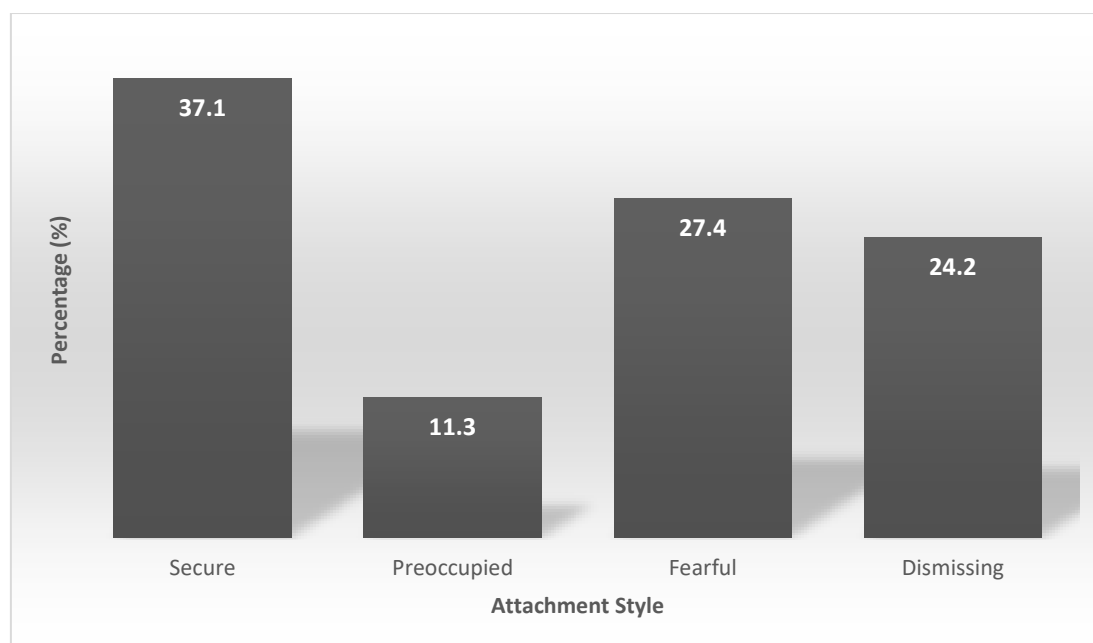


Figure 1: Percentage of Participant's Types of Attachment Styles

Table 5

Distribution of Attachment Style, Mean and Standard Deviation of The Relationships Questionnaire

Attachment Style	Frequency	%
RQ 1: Secure	46	37.1
RQ 1: Preoccupied	14	11.3
RQ 1: Fearful	34	27.4
RQ 1: Dismissing	30	24.2
	Mean	SD
RQ 2: Secure Score	4.72	1.83
RQ 2: Preoccupied Score	3.74	1.69
RQ 2: Fearful Score	4.38	1.76
RQ 2: Dismissing Score	4.57	1.80

Note. SD = Standard Deviation; RQ = Relationships Questionnaire.

Descriptive statistics measure personal resilience among Malaysian young adults who experience romantic relationships. This is to answer sub-research objective two. The data indicated that the mean total RS score is 138.15 (SD = 19.97). Out of 124 participants, 44 (35.5%) participants showed moderately high resilience to high resilience. Moreover, most participants (54.1%) exhibited moderately low resilience to moderate resilience, whereas 13 (10.5%) showed low resilience. Thus, sub-hypothesis two of this research is accepted. A moderate level of personal resilience exists among Malaysian young adults who undergo romantic relationships. Table 6 describes the descriptive statistics of the Resilience Scale level of the sample, and Figure 2 exhibits the percentage of participants' level of Resilience Scale.

Table 6

Resilience Scale Level of Sample

RS Score Indication		Frequency	%
Very Low	(25 – 100)	4	3.2
Low	(101 – 115)	9	7.3
On the Low End	(116 – 130)	27	21.8
Moderate	(131 – 145)	40	32.3
Moderately High	(146 – 160)	27	21.8
High	(161 – 175)	17	13.7

Note. RS = Resilience Scale.

N = 124

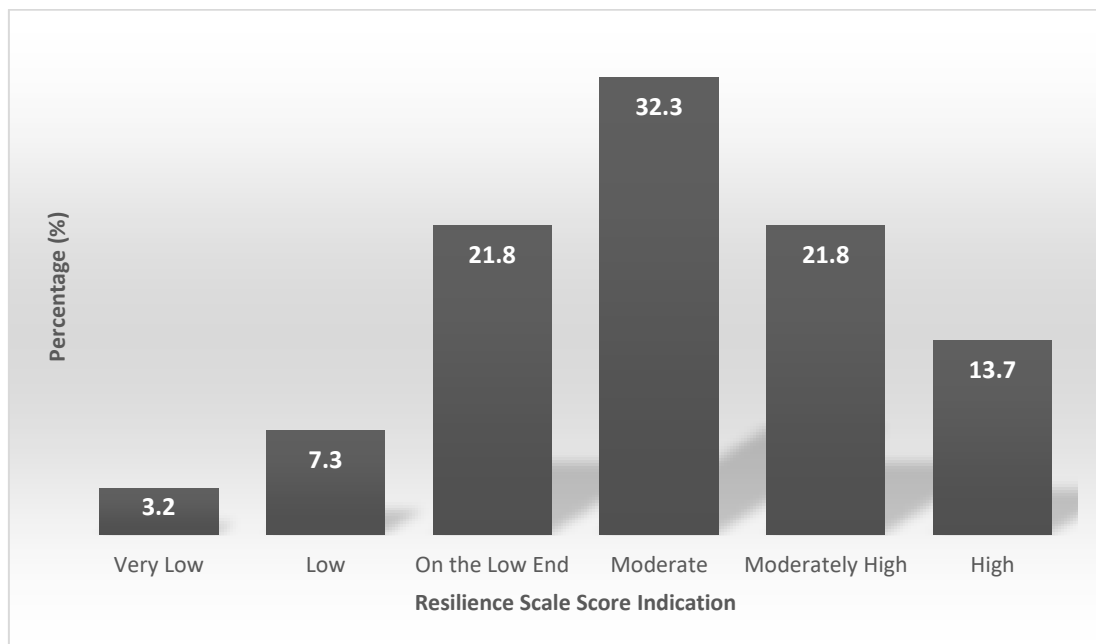


Figure 2: Percentage of Participants' Level of Resilience Scale

Discussion

Relationship between Attachment Styles and Personal Resilience among Malaysian Young Adults that Undergo Romantic Relationships

This study examined 124 Malaysian young adults who undergo romantic relationships to explore the relationship between attachment styles and personal resilience among Malaysian young adults who undergo romantic relationships. The correlation analysis indicated that secure attachment style had a significant positive relationship with resilience. This showed that when an individual possessed a secure attachment style, it contributed to a higher resiliency. This statement could be supported by a study by (Basal et al., 2020). They found that secure attachment was viewed as a potential resilience characteristic that helped to protect an individual's well-being in the face of danger and adversity. Similarly, Bartley et al

(2007) also determined that as a source of resilience, secure attachment indicated the quality of regulation and minimizing the strength of emotional responses to health events. Also, insecure attachment styles were connected with lower levels of resilience. In this study, Malaysian young adults with preoccupied attachment styles had the lowest resilience level compared to the other attachment styles. Previous research conducted by Sam (2014) also demonstrated the same results. The results generally supported the hypothesis that attachment styles are associated with resilience.

Interestingly, in this study, there is a new finding where Malaysian young adults with dismissing attachment style showed a significant positive relationship with resilience. Gender differences in attachment styles were discovered in past research studies examining peer interactions. Males were more likely to indicate dismissive or avoidant attachment, whereas females were more likely to express preoccupied or anxious attachment (Cyr et al., 2010; Del Giudice & Belsky, 2010). However, this past research was not aligned with the present study since more females had a dismissive attachment style. This could be because children with dismissive attachment styles were more likely to be raised by caretakers who displayed less sensitive behavior throughout early childhood (Beckwith et al., 1999), eventually leading to dismissive young adults disengaging from interpersonal interactions.

Types of Attachment Styles among Malaysian Young Adults That Undergo Romantic Relationships

The types of attachment styles among Malaysian young adults that undergo romantic relationships were identified in this research. The current study showed a less preoccupied attachment style among Malaysian young adults who undergo romantic relationships. This statement can be argued with past research. According to a previous study, women were more likely to be classified as preoccupied, whereas men were more likely to exhibit dismissive attachment styles (Bartholomew & Horowitz, 1991; Scharfe & Bartholomew, 1994). Shaver and colleagues (1991) discovered that a preoccupied attachment style was related to femininity, supporting previous research. However, the present study discovered that the preoccupied attachment style demonstrated the least amount of attachment among the four. This might be because most young adults in Malaysia had high self-esteem and did not require external validation. In addition, most young adults in Malaysia may not have experienced significant adverse life experiences (i.e., severe physical sickness), resulting in a secure attachment style.

Level of Personal Resilience among Malaysian Young Adults That Experience Romantic Relationships

Alongside this, the level of personal resilience among Malaysian young adults that experience romantic relationships was measured. According to the research, a moderate level of personal resilience exists among Malaysian young adults who undergo romantic relationships. This was consistent with the research conducted by Chan et al (2019), which found that 55.3% of emerging Malaysian young people had relatively low to moderate resilience. In addition, Chan et al (2019) highlighted that everyone acquired some degree of resilience. Individuals with relatively low to moderate resilience may struggle to let go of problems they have been dwelling on and adopt an optimistic outlook.

Also, most Malaysian young people involved in romantic relationships have a moderate level of resilience, which could be because they have difficulty adapting to youth. This could be due to the parents' inattentive and conflicting parenting styles, resulting in moderate

youth resilience. According to Fergus and Zimmerman (2005), attentive and persistent parenting styles were critical for supporting positive adjustment in children and adolescents. Similarly, Werner and Smith (2001) observed that a relationship of trust with an adult contributed to higher levels of resilience. Together, these findings and the results of this study provide and contribute to the idea that healthy interactions with caretakers not only influenced the attachment styles of young adults in Malaysia but also played a significant role in developing adolescent resilience.

Participants' Engagement in Romantic Relationships

Apart from that, this study's participants comprised 124 young Malaysian adults who undergo romantic relationships. Romantic relationships were categorized into two parts: committed and casual. As romantic relationships, both committed and casual relationships were qualified. According to Sternberg (1986), he indicated that the eight possible subcategories of the various components of love included both committed and casual relationships. In addition, the love experiences generated by committed and casual relationships were distinct. Sternberg's (1986) Triangular Theory of Love proposes that committed relationships are characterized by companionate love. This form of affection was the outcome of combining the intimacy and decision/commitment parts of love. Additionally, regarding the casual relationship, it demonstrated liking. Sternberg (1986) reported that in the absence of passion and decision/commitment, liking resulted when only the intimacy component of love was experienced. Although Sternberg's (1986) statement that liking lacked decision/commitment, liking types of love nonetheless depicted a commitment but without feelings of excessive long-term commitment.

Besides, the current study found that most participants engaged in committed relationships. Sternberg (1986) defined committed relationships as long-term relationships characterized by devoted close connections. This statement can be supported by a study by Timmermans and Courtois (2018), where Tinder users' committed relationships began with making meetings and connections. Sternberg (1986) also believed that a committed relationship was the foundation of marriage. It was consistent with this study, in which 60 (48.4%) participants claimed they were partnered or married.

Nevertheless, the current study found that 37 (29.8%) participants were involved in a casual relationship. According to Sternberg (1986), casual relationships were characterized by a sense of connection and bonding without overwhelming passion or long-term commitment. Additionally, van der Zanden et al (2019) reported that men and women seeking casual relationships in online dating searched less positive emotional phrases such as "trustworthy," "honest," and "serious" since they did not emphasize long-term internal attributes. According to Sternberg's (1986) Triangular Theory of Love, casual relationships were classified as the liking type of love. Liking should not be mistaken for infatuated love. Infatuated love is a relationship lasting three months or less characterized by emotional arousal without intimacy and commitment. In contrast to liking, infatuation could arise and subside rapidly (Sternberg, 1986). This was consistent with the findings of the study, in which 63 (50.8%) participants reported being unmarried and experiencing a casual relationship.

Additional information was emitted in this study, where significant differences in resilience between males and females were determined. From this study, the results showed that gender was found to be insignificantly related to resilience. This finding aligned with a study conducted by (Çakar, 2020). His study discovered that evaluating truth from ego functions was more prevalent in men, whereas stimulant threshold and judgments were more

prevalent in women. However, gender did not significantly affect resilience. Also, Jebraeili et al (2019) reported that while there was a significant positive correlation between the male gender and addiction tendency, there was a negative relationship between the male gender and resilience. In contrast to this assertion, the relationship between female gender and resiliency was not addressed in Çakar's study. On top of that, numerous studies showed no gender-related differences or have not reported their significance (Wagnild, 2009).

Implication, Contribution, and Conclusion

In summary, this study aimed to examine the relationship between attachment styles and personal resilience among Malaysian young adults that undergo romantic relationships. The current study discovered a significant connection between attachment styles and personal resiliency among young adults in romantic relationships in Malaysia. In addition, the results revealed that among the four attachment styles, young adults in Malaysia who participated in romantic relationships were demonstrating a more secure attachment style. Additionally, the resilience levels of young adults in romantic relationships in Malaysia ranged from moderately low to moderate. Existing research supported the findings, which implied that attachment theory could contribute to the resilience of young adults. Attachment theory appeared to offer insight into the resiliency of young adults by emphasizing the role of the parent-child relationship in developing resiliency in young people.

Next, the sub-research objectives were answered in this study to identify the types of attachment styles among Malaysian young adults that undergo romantic relationships and to measure the level of personal resilience among Malaysian young adults that experience romantic relationships. Previous studies suggested that adolescents with a secure attachment style were intimately involved in forming positive connections (Leak & Cooney, 2001). Furthermore, previous studies also showed that resilient couples could demonstrate compassionate love for one another (Aragón, 2021). Therefore, from this study and previous research, it could be stated that young adults with a secure attachment type who were in romantic relationships had a high level of resiliency, allowing them to express their love in the relationship more effectively. This will contribute to enhancing couple and marriage intervention for helping professionals.

In addition, according to Sternberg (1986), young adults in committed and casual relationships could be characterized as being in a romantic relationship. In Sternberg's (1986) Triangular Theory of Love, he emphasized that the eight possible subcategories of the many components of love comprised both committed and casual relationships. In addition, additional research was undertaken in this study to evaluate whether there were significant gender differences in resilience. According to the current study's findings, there was no correlation between gender and resilience. This argument was supported by research conducted by (Çakar, 2020). His research revealed that evaluating reality based on ego functions was more common in men, while stimulant thresholds and judgments were more common in women. However, there was no significant effect of gender on resilience.

Moreover, most previous research had primarily studied how attachment styles influence romantic relationships among young adults. There was limited information about the association between attachment styles and personal resilience among young adults in romantic relationships. For example, Simpson (1990) discovered that secure attachment styles in men and women were associated with higher levels of relational dependency, commitment, trust, and contentment than anxious or avoidant attachment styles (fearful or dismissing). In addition, Leak and Cooney (2001) discovered that people in romantic

relationships with secure attachments had a high level of self-determination in relationships, which correlated with psychological health and well-being. Consequently, this study added information on how attachment styles influenced personal resilience among young adults who experience romantic relationships, specifically among young Malaysians, thus addressing the study's problem statement. Thus, this finding will contribute and provide theoretical knowledge and construct a framework for young adults' socio-emotional development.

On another note, most of the previous studies primarily examined personal resilience in the workplace. In their study, McDonald et al (2013) found that resilience training and mentoring programs improved the occupational resilience of nurses and midwives. In addition, Ojo et al (2021) reported that family and friend support enhanced employees' ability to manage stress, resulting in high levels of resilience. Consequently, this study contributed to the evidence of personal resilience among young adults involved in romantic relationships and thus far assisted in programs that involve personal resilience and personal growth.

Additionally, most previous research on the relationship between attachment styles and personal resilience among young adults in romantic relationships was conducted abroad, especially in Western countries. However, little was known in Malaysia about the association between attachment types and personal resilience among young adults in romantic relationships. In Tehran, Iran, Pakdaman et al (2016) found that young individuals with a secure attachment style and a high level of resilience did not experience loneliness due to excellent communication with family, friends, and loved ones. This study contributed to the evidence of research on the association between attachment styles and personal resilience among young adults in romantic relationships, particularly in a Malaysian context.

This study contributes significantly to the data pool for researchers studying attachment styles and personal resilience among young adults in romantic relationships in Malaysia. Researchers can use this research as a guideline and reference in future research. In addition, it may aid health professionals and practitioners in supporting young adults with attachment and personal resilience difficulties in romantic relationships. The health professionals and practitioners may be capable of developing intervention programs or modules for young adults with insecure attachment styles and low resilience because of this study. Furthermore, it may benefit policymakers to develop a mandatory syllabus in higher education institutions to understand young adults' attachment styles and personal resilience. Lastly, it may help create an intervention program or module based on the data obtained from the attachment styles and personal resilience among young adults in romantic relationships in Malaysia.

Future Recommendations

Even though the results of this study provided early evidence for the association between attachment styles and personal resilience among young adults in Malaysia, it was vital to recognize a few limitations. First, the questionnaire used to collect data on individuals' attachment styles needed to be more consistent, and this was aligned with the study conducted by (Sam, 2014). An issue arose when two or more attachment styles received identically high ratings. Future researchers could use an alternative attachment styles questionnaire (e.g., The Experiences in Close Relationships-Revised Questionnaire by Fraley et al (2000) to ensure consistency in questionnaire responses. The questionnaire served the same purpose as the RQ: it measured adult attachment style but focused solely on two attachment subscales: avoidance and anxiety. This reduced the number of study participants who could be excluded.

Next, longitudinal studies can be conducted to acquire an excellent knowledge of the attachment styles and personal resilience of young adults in Malaysia, who must form relationships that allow them to recognize their vulnerabilities. Hence, future researchers could utilize this study to support health and social programs in identifying adolescents with insecure attachment styles and to provide guidance for engaging these youths in intervention endeavors.

Then, a qualitative approach could be conducted to get to know the in-depth or subjective experiences of the respondents. Observing and collecting data from the respondents in person ensured an understanding of the respondents' context and environment.

Study Limitations

Several limitations arose during the conduct of this study. One was the difficulty in recruiting participants and collecting data from them. People who had just had a romantic breakup were unwilling to complete the survey. Moreover, given that the participants had recently concluded romantic relationships, there was a chance that they could be overly emotionally influenced when answering the questions. In addition, the obtained data could be invalid because participants needed to be more open and transparent about the length of their romantic relationships when answering questionnaires. Also, the socio-demographic details for marital status should be more precise or explicit, as some respondents were uncertain whether they were required to select the option single or partnered/married.

In addition, the questionnaire used to collect information regarding individuals' attachment types was inconsistent. When two or more attachment styles were regarded as equally high, a problem arose. Similarly, it was difficult for some Malaysians to comprehend English, given that English was not their native tongue. Moreover, the platforms utilized to distribute the survey did not reach the potential respondents. Lastly, the limited sample size of the present study was insufficient to generalize the attachment styles and personal resilience of young adults in Malaysia, hence limiting the relevance of the findings.

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